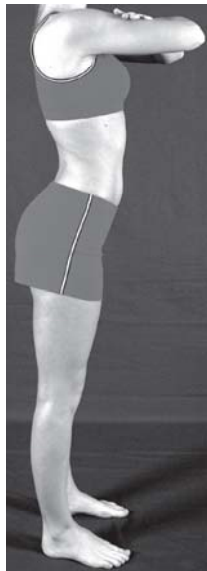
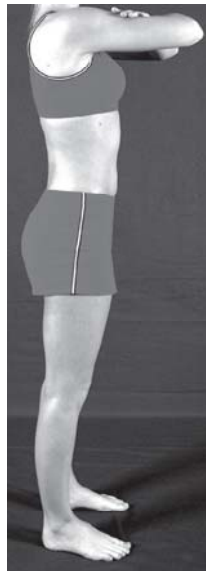




Pelvic Floor Muscle Strengthening - “The Pelvic Clock”



Anterior Tilt (12:00)



Neutral



Posterior Tilt (6:00)

1. Always warm your muscles before exercising.
2. Start from a position of lying on your back with knees bent and feet flat on a mat on the floor. If this is uncomfortable, place a small pillow under your hips.
3. Visualize the face of a clock on your lower abdomen. The belly button is 12 o'clock and the pubic bone is 6 o'clock
4. Imagine a string between your belly button and your spine and pull your belly button inward toward your spine. Continue to breathe normally.
5. Begin with gentle movements, tilting your pelvis from 12 (anterior tilt) to 6 o'clock (posterior tilt). For 6 o'clock, as you push your pelvis back your low back should flatten against the floor.
6. Then move from 3 o'clock (weight shifted to left hip) to 9 o'clock (weight shifted to the right hip).
7. Then move in a clockwise manner from 12 to 3 to 6 to 9 and then back to 12 o'clock. If you have difficulty with the motion, make the clock “smaller.”

Warning: if back pain is aggravated STOP.